Relieving Chronic Pain with Simplified EFT Tapping

with Valerie Lis

Tuesday, Sept. 15, 2020
6:00 PM - 8:00 PM

For over 20 years, Valerie Lis has supported people in resolving their emotional and physical issues. After developing the Simplified EFT Tapping™ two-step process for chronic pain, results have been almost universal. Sessions have consistently ended at a level of zero, regardless of the diagnosed cause, intensity, or length of the pain. In sessions when it was not completely gone, the level of pain was substantially less.

In this workshop and Pathways’ fundraiser, Valerie will take you through her two-step process. By the end of the session, you may experience a reduction or end to your pain. You will also learn how to apply this tool on your own to eliminate any future bouts.

This method can also be used for minor discomforts such as headaches and acid indigestion and side-effects from medications or procedures such as chemotherapy. You will find results are better when you are experiencing pain in the moment. For intermittent pain, you can learn the process at the workshop and apply it when the pain occurs. Although it is not always effective for acute pain, it will usually soften the symptoms.

If you have not been suffering with pain, you can learn the procedure to share with loved ones, friends, and other people in your life. Learning this simple method will bring you greater control over your body, leading to an improved state of relaxation and comfort.

When you attend this workshop, you will also receive Valerie’s 300+ page e-Book Simplified EFT Tapping™: How to Get Exceptional Results Every Time You Tap.

Pathways fundraiser: $15.00 Register at our event website: https://tinyurl.com/simplifiedeft
GETTING STARTED

- New participants are required to attend the New Participant Orientation. This is an essential step before registering for sessions at Pathways. See below for information & available orientation session dates and times.
- Determine your category (see descriptions below).
- Following orientation, visit our web site: www.pathwaysminneapolis.org and click on the box: Becoming a Participant for detailed information on how to register online.
- All computer registration requests must be submitted by the 25th of each month to be included in the monthly random assignment process.

NEW PARTICIPANT ORIENTATION

This is an online orientation and welcoming for new Pathways participants. In this virtual session, our orientation facilitator will discuss the various services offered and the process for requesting these services. Our organization overview video will be shown and attendees will have the opportunity to ask specific questions at the end of the session.

1. New participants are required to attend an orientation session. It is an essential step before attending other sessions at Pathways.
2. These virtual orientation sessions are conducted over the Zoom online platform. Participants will need the Zoom app installed on their devices prior to the orientation. Visit www.zoom.us for more information about the app.
3. To register, please visit our website: www.pathwaysminneapolis.org/pathways-orientation
4. To cancel or reschedule an orientation session, please contact us at scheduling@pathwaysmpls.org.

Upcoming virtual orientation sessions:
- Thursday, September 10, 2020 - 2:00 PM - 3:00 PM
- Monday, September 21, 2020 - 5:00 PM - 6:00 PM
- Tuesday, October 6, 2020 - 5:00 PM - 6:00 PM
- Thursday, October 22, 2020 - 1:00 PM - 2:00 PM

PARTICIPANT CATEGORIES

**Category 1**
For persons with life-threatening physical illness (cancer, debilitating heart disease, HIV/AIDS, lymphoma, MS, ALS, transplants, etc.).

**Category 2**
For persons dealing with disability, pain and/or other symptoms related to a physical chronic illness, or physical injury (CFS, chronic pain, diabetes, lyme, etc.). This category is also designed for persons from Category 1 who have no advance in illness following one year of Pathways’ services.

**Category 3**
For persons in recovery from stress and emotionally based concerns related to physical illness and for persons from Category 2 following one year of receiving Pathways’ services.

We do not offer services directly addressing mental illness and can refer those looking for professional mental health services to other mental health organizations.

Category Status is self-identified. However, if you have been a Category 1 or 2 for one year without any advance in illness, we ask that you change your category to the next lower level. This allows the newly diagnosed or those with advancing illness to have the highest priority. Caregivers may choose to select the same category as the person they are caring for.
SCHEDULING PROCESS
Participants request sessions every month for the following month’s programming.

- Participants who submit their session requests by the 25th of each month will be a part of our monthly random assignment process. Higher assignment priority is given to participants with a higher health need.
- If assigned to sessions during the randomization process, a participant will receive an automated e-mail instructing them to log into their account and review their View My Scheduled Sessions page. This page lists all sessions to which a participant was randomly assigned. Sessions that a participant requested, but were not assigned to, will appear on the View My Waitlisted Sessions page.
- Participants are required to confirm or cancel their attendance for each of their assigned sessions. Sessions may only be confirmed within the 5 days prior to a session’s scheduled time. However, participants may cancel their session attendance at any time during the month.
- Not all group sessions fill to capacity. Requests made following a monthly randomization automatically add a participant’s name to a session waitlist. Waitlists are used to fill open spots and last minute cancellations.
- Visit www.pathwaysminneapolis.org/home/features/virtual-how-to for additional virtual programming information and Zoom resources.

PARTICIPANT-FOCUSED CARE
We strive to provide holistic resources through hospitality, a healing environment, and administrative & programming excellence. How are we doing? We invite you to complete an online evaluation form: www.surveymonkey.com/r/PathwaysSessionEvaluation or email us directly at scheduling@pathwaysmpls.org.

Statement of Purpose:
Pathways provides programs designed to support a creative healing response to illness.

Pathways’ Services are Free.
Financial donations and/or volunteer contributions of your time are greatly appreciated and considered an essential part of one’s healing journey.

Pathways does not advocate, support, or practice unlawful discrimination based on age, ethnicity, gender, national origin, disability, race, size, religion, sexual orientation, or socioeconomic background.

Session Symbol Key & Definitions
- One-to-one session: ⃝
- Group class session: ⓦ
- Series: Ⓡ
  (please attend all sessions)

Board of Directors
Pam Lampert - Chair
Catherine Duncan - Secretary
Rufus Winton - Treasurer
Robert Bush
Michele Byfield Angel
Jenna Hobbs, PsyD, LP
Lisa Johnson Kelly, CFP
Mary Johnson, RN, PhD
Bill Manahan, MD
Kristyn Mullin
Valerie Ohanian, RS Hom, CCH
Arti Prasad, MD, FACP
Mary E. Shearen, JD
Penny Winton

Integrative Health Advisory Committee
Paul Erickson, MD
Courtney Baechler, MD, MS
Laurie Drill-Mellum, MD, MPH
Megan Ellingson, MHA
Henry Emmons, MD
Gregory A. Plotnikoff, MD, MTS
Carol Schoenecker, RN, CHTP
Sue Towey, APRN, CNS, MS, LP
Bio-Energy Healing (Virtual)  Ann Agrimson  Wed., Sept. 2, 23, Oct. 7, 21  1:00 PM - 2:00 PM  2:30 PM - 3:30 PM  This distance healing session begins with a check-in between provider and participant via phone or Zoom. Following the check-in, each person disconnects and the participant finds a comfortable place to relax during the distance healing. The provider works within the participant’s energy field as if they were physically in front of her. When the hour is up, the provider remotely closes the session and the participant gently eases back into their day.

Body Scan (Virtual)  JanMarie Roehl  Mon., Sept. 14, Oct. 5  9:00 AM - 10:00 AM  10:15 AM - 11:15 AM  A session with Body Scan offers a way to connect with awareness of your physical Being’s outside-in experience simultaneously with your mind’s inside-out perspective. Throughout the session you will be supported in following your body’s language as areas of holding, blocked or hyper sensation are dis-covered and interpreted- by you. Guided tracking encourages integrated balance and grounding in your present time experience.

Cancer Doula Support (Virtual)  Talaya Dendy  Wed., Sept. 2, 9, 16  2:00 PM - 3:00 PM  Fri., Oct. 2, 9, 23  11:00 AM - 12:00 PM  Focus on what matters to you! Your cancer doula will meet you where you are and help you get to where you want to be by providing emotional support and practical tools to create peace of mind and a better quality of life.

Compassionate Listening (Virtual)  Sue Salmela  Mon., Sept. 14, 21, 28, Oct. 5, 19, 26  10:00 AM - 11:00 AM  11:30 AM - 12:30 PM  This session offers a presence and a listening ear. Feel free to prepare for the session by coming with a focused intention and know you may receive feedback to what you are experiencing and discovering. This process can help you discover tools to navigate the difficulties you are experiencing.

Distance Reiki (Virtual)  Cindy VanDrasek-Pai  Tues., Sept. 8, 22, Oct. 6, 20  9:30 AM - 10:00 AM  Wed., Sept. 9  Mon., Sept. 21, Oct. 5, 19  Reiki is positive, universal life energy and complements any current medical regimen a person may be following. The power of Reiki is not wielded by the provider, but is directed so it activates the energy spontaneously in response to the need. Distance Reiki requires both the provider and participant to select a time where both can be relaxed. A name and date of birth will be requested so that the energy can be activated within the participant. When the session is complete, the provider will be available for feedback.

Guided Imagery (Virtual)  Mary Ellen Kinney  Tues., Sept. 1, 15, 29, Oct. 13, 27  9:30 AM - 10:45 AM  11:00 AM - 12:15 PM  During guided imagery we work together in a simple natural way to use the power of your mind/imagination in a positive way. If you have ever worried or planned anything, you know how to use your imagination. With guided imagery, we can simply tap into your inner resources to reduce anxiety or address feelings of fear, pain, anger or whatever you identify as an obstacle to being more peaceful. There is no wrong way to do it because it comes from your own inner wisdom.

Heal the Hurt (Virtual)  Valerie Lis  Mon., Oct. 5  11:00 AM - 12:00 PM  12:30 PM - 1:30 PM  2:00 PM - 3:00 PM  3:30 PM - 4:30 PM  Memories can continue to hurt years after an event as the healing process becomes blocked. Emotional Freedom Techniques (EFT), self-treatment with fingertip tapping, seeks to detach stressful feelings and- in a complete, respectful, and peaceful manner - to heal the hurt. Within the session, stressful emotions related to specific traumatic events are identified and dissolved. Consistent use of EFT may lead to an overall state of comfort and relaxation.

Healing Touch & Reiki (Virtual)  Liz Flavin  Wed., Sept. 2, 16, Oct. 7, 21  3:30 PM - 4:30 PM  4:45 PM - 5:45 PM  The movement of energy is not restricted by time and space, which allows distance healing to be effective when provider and participant are not in the same location. This virtual session will begin with a brief check-in conversation to discuss your health concerns and goals. Then, you will relax in your home while the practitioner focuses on sending love and light to you, restoring balance to mind, body and spirit.
Healing Touch (Virtual)  
*Pamela Searles*  
Thurs., Sept. 10, Oct. 8  
10:00 AM - 11:00 AM  
Our session will begin with a short conversation about your request for healing. We end the conversation and you make yourself comfortable in your own space and I visualize you relaxed on my treatment table in my office. Healing Touch uses heart-centered energy to clear, balance, energize and support your whole person: mind, body, and spirit. At the end of our session, I will reconnect with you and we will discuss the healing experience.

Health Coaching (Virtual)  
*Claire Stuckey*  
Wed., Sept. 2, 9, 16  
5:00 PM - 6:00 PM  
Wed., Oct. 7, 14, 28  
6:15 PM - 7:15 PM  
Health coaching is a participant-centered confidential process to facilitate and empower the participant to achieve self-determined goals related to health and wellness. Health coaches apply clearly defined knowledge and skills so that participants mobilize internal strengths and external resources for sustainable change. (3 session series)

Integrative Health & Well-Being Coaching (Virtual)  
*Mary Dobish*  
Wed., Sept. 9, 16, 23  
11:00 AM - 12:00 PM  
Wed., Oct. 7, 14, 21  
In this series, you will be supported in mobilizing internal and external resources to set and achieve well-being related goals and dreams. By the end of the series, you will have accessed your mind, body, and spirit and established small steps toward actualizing your personal well-being. (3 session series)

Life Coaching (Virtual)  
*Carla Beach*  
Wed., Sept. 2, 9, 16  
9:30 AM - 10:30 AM  
Wed., Oct. 7, 14, 21  
10:30 AM - 11:30 AM  
Life coaching begins with the recognition that you stand in the space of being a creative, resourceful and whole person. You have within you the answers to the issues in your life. Your coach will be your witness and guide for new awareness, supporting you in making resonant choices that move you toward finding balance and fulfillment. (3 session series)

Reiki (Virtual)  
*Aurea Gerard*  
Sat., Sept. 12, Oct. 10  
10:30 AM - 11:00 AM  
11:15 AM - 11:45 AM  
12:00 PM - 12:30 PM  
Reiki is a Japanese stress reduction & relaxation technique that promotes healing. It gives you a feeling of peace, comfort and a sense of wellbeing. Normally, this is a hands-on experience but virtually the Reiki energy will be send to you via the screen (courtesy of Zoom). The effects will not be diminished. You will be in the comfort of your favorite chair, couch or bed.

Relax and Find Joy (Virtual)  
*Cheryl Gebhart*  
Fri., Sept. 4, Oct. 2  
10:00 AM - 10:45 AM  
In this session we will use guided imagery to achieve deep relaxation. You will need to find a quiet place in your home where you will be comfortable. Suggested places would be a recliner, sofa or bed. A smart phone or laptop with working speakers is required for interaction during the session. After the session, you will be feeling refreshed and relaxed!

Shamanic Healing Sessions (Virtual)  
*Valerie Ohanian*  
Tues., Oct. 13, 20  
11:00 AM - 12:00 PM  
Shamanic methods can foster healing as well as help restore vitality, grounding and passion for life. The work is energetic and spiritual in nature: I access and offer tools you can use to bring healing, transformation and empowerment into your daily life. We will begin with a check-in and then the session will take place with you relaxing in a comfortable position with the virtual connection kept open. Once the healing is complete we will come back together and share.

Speaking of Death: Options and Conversation (Virtual)  
*Anne Archbold*  
Fri., Sept. 11  
10:00 AM - 10:45 AM  
11:00 AM - 11:45 AM  
Tuesday, Oct. 13  
1:00 PM - 1:45 PM  
2:00 PM - 2:45 PM  
This session is tailored to the needs and questions of the individual participant about after-death options. Common topics include the five possibilities for disposition of the body in the Metro area, costs, paperwork to be completed before death, funeral/memorial/graveside services, home funerals, care for the body at home, legal issues, and ideas for these times in which we cannot gather as we wish. It is a time for questions and conversation about a topic that many generally avoid but that Anne/Marilaurice embrace fully.

All session dates and times are subject to change. Online registration system reflects most accurate schedule.
Voice Healing (Virtual)
Myo-O Marilyn Habermas-Scher
Wed., Sept. 9, Oct. 21
9:30 AM - 10:15 AM
10:30 AM - 11:15 AM
Enjoy receiving a vocal, vibrational healing that reflects your body mind and spirit, in this moment. You rest on a comfortable surface and relax into a receptive space, allowing your body, mind and spirit to vibrate and be vibrated. Healings are twenty minutes long with a check-in and a check-out on either end.

Asking for Help Successfully (Virtual)
Kate Jackson
Wed., Sept. 9, Oct. 7
1:00 PM - 3:00 PM
Asking for help can be hard. This workshop offers a framework and exercises to help you explore ways in which you can consider asking for help differently in order to set both yourself - and who you are asking - up for success. Participants will need to have paper and pen available.

Awakening Happiness in Difficult Times (Virtual)
Spruce Krause
Tues., Oct. 13
1:00 PM - 3:00 PM
Authentic happiness is big enough to hold it all - contentment, peace, grief, fear, anger, compassion, kindness, generosity, all the flavors of living. Learn easy-to-use tools to help promote more ease, contentment and peace as well as reduce anxiety - regardless of what is happening within or without. We can re-wire our brain and body for greater authentic happiness one simple step at a time.

Book Club: The Magic Path of Intuition by Florence Scovel Shinn (Virtual)
Christine Smith Sanchez Peterson
Wed., Sept. 16, 23, 30, Oct. 7, 14, 21
11:00 AM - 12:30 PM
Florence Scovel Shinn was a gifted teacher who shaped the fields of spiritual growth and New Thought. She was born in 1871 and wrote until she died in 1940. Her metaphysical works began with her self-published The Game of Life and How to Play it in 1925. Your Word is Your Wand was published in 1928 and The Secret Door to Success in 1940. After her death another two works were published, The Power Of The Spoken Word in 1945 by Shinn Press and The Magic Path Of Intuition published by Louise Hay in 2013. ☛-6-session series. You are asked to make a commitment to all sessions.

Creative Journaling: Befriending Your Body (Virtual)
Kate Wolfe-Jenson
Fri., Oct. 9
10:00 AM - 12:00 PM
Has becoming ill detoured you from the life you planned? Health crises can rearrange your priorities, giving rise to anger, sadness or confusion. Using creative journaling and meditation, we’ll explore our journeys and uncover kind practices and promises that can invite resilience and move you toward self-compassion and joy. Please have your journal or a notebook on hand. You may also want to have colored pencils or markers available.

Creative Journaling: Befriending Your Journey (Virtual)
Kate Wolfe-Jenson
Fri., Oct. 9
10:00 AM - 12:00 PM
Has becoming ill detoured you from the life you planned? Health crises can rearrange your priorities, giving rise to anger, sadness or confusion. Using creative journaling and meditation, we’ll explore our journeys and uncover kind practices and promises that can invite resilience and move you toward self-compassion and joy. Please have your journal or a notebook on hand. You may also want to have colored pencils or markers available.

Breathing to Enhance Your Energy, Mood, & Memory (Virtual)
Deanna Reiter & Troy Stende
Wed., Oct. 21
11:00 AM - 12:00 PM
Discover techniques that are easy to integrate to become more energized, less stressed and happier. Learn simple, yet powerful techniques that can be done anytime and anywhere to create more productivity and creativity in your life. You will leave with new skills that are instantly implementable and provide long-term gain based on the latest mindfulness research.

Courageous Writers Group (Virtual)
Jeanne Bain
Tues., Sept. 22, Oct. 27
1:00 PM - 2:30 PM
Your personal healing journey has many colorful and interesting layers, some joyful, some painful, all very rich. We can infuse our words with humor and delight and at other times we can dig deep into our pain and discomfort. All types of stories are welcome here, as are writers at any level of experience. Join this group of writers to stretch & strengthen your writing muscles and be in community.

Creative Journaling: Befriending Your Body (Virtual)
Kate Wolfe-Jenson
Fri., Oct. 23
10:00 AM - 12:00 PM
Has becoming ill detoured you from the life you planned? Health crises can rearrange your priorities, giving rise to anger, sadness or confusion. Using creative journaling and meditation, we’ll explore our journeys and uncover kind practices and promises that can invite resilience and move you toward self-compassion and joy. Please have your journal or a notebook on hand. You may also want to have colored pencils or markers available.
Creative Journaling: Befriending Your Mind (Virtual)  
Kate Wolfe-Jenson
Fri., Sept. 25 10:00 AM - 12:00 PM
Are you sometimes beset by fears, anxiety and other negative emotions? Learn how your journal can become a tool for practicing self-compassion. We’ll use simple creative journaling and meditation techniques to greet emotions with gentle curiosity that moves us toward healing. Please have your journal or a notebook on hand. You may also want to have colored pencils or markers available.

Creative Journaling: Cultivating Resilience in Challenging Times (Virtual)  
Kate Wolfe-Jenson
Fri., Sept. 11, Thurs., Oct. 15 10:00 AM - 12:00 PM
How can you maintain your mental health during this time of pandemic? Using simple creative journaling and meditation techniques, we’ll explore and practice the skills that lead to well-being and help us calm ourselves and live with joy. Please bring your journal or a notebook. You may also want to have colored pencils or markers available.

Finding Your Way Through Your Life (Virtual)  
Carol Anderson
Tues., Sept. 29, Oct. 27 2:00 PM - 3:30 PM
Finding Your Way...through unfamiliar terrain...changes, challenges, experiences...through the rest of your life. Come together online for support, guidance, self-insight, inspiration, sharing, learning and connection. Each person will have opportunities to be listened to and to listen to others. The session is designed to allow participants to shape what is explored in a gently structured, flexible, organic process.

Grieving All Our Losses (Virtual)  
Karen Greer
Thurs., Sept. 10, Oct. 15 1:00 PM - 2:30 PM
Change requires a kind of adjustment to the loss and these are challenging times with new losses to examine. How can we manage through all of these changes, all of these losses? We will explore our reaction to them, how they impact us and how we might go about healing them. There will be a ritual at the end so we might practice “letting go”.

Grounding and Energy (Virtual)  
Ann Agrimson
Mon., Sept. 21, Oct. 12 6:30 PM - 8:00 PM
In this session, we will explore the concept of grounding and come up with a variety of ways to ground. Participants will be led in a grounding mediation that will include movement and stillness. The second half of class will discuss the energy between people - even at a distance, sometimes it’s energizing and other times it’s draining. We’ll discuss why this is and how we can protect our energy.

Guided Self-Massage for the Head and Neck (Virtual)  
Mollie Newhouse
Fri., Sept. 11, Sat., Oct. 10 9:30 AM - 10:15 AM
Participants will be guided through a series of self-massage practices to address tension in the face, scalp, and neck. Some guided breath work will also be utilized. Participants may lay down or be seated during this session. Those with dry skin may want to have lotion or oil available.

Healing Support for the Emotions (Virtual)  
Valerie Lis
Mon., Oct. 5 5:00 PM - 7:00 PM
Emotional Freedom Techniques (EFT) is a simple method to dissolve stress. It also helps eliminate or reduce chronic pain and discomfort. Participants learn to self-treat by tapping acupressure points with the fingertips, while working on personal stressors. For each participant in the group, stressful emotions related to specific traumatic events are identified and dissolved. Consistent use of EFT may lead to an overall state of comfort and relaxation.

Healing With Rhythm (Virtual)  
Valerie Ohanian
Tues., Sept. 29 7:00 PM - 8:00 PM
During this time of uncertainty and confusion, rhythmic practices can help enhance our connection to ourselves, the earth, and the larger community. Working with drums, rattles, click sticks, bells, we will explore ways to find and express our own natural rhythms, come in tune with our hearts, and find the rhythms that help both calm and enliven us. Please bring a drum, rattle, bells, sticks - anything you can keep a beat with. Plastic bottles filled with beans, seeds, or vitamins work well.
**Integrate Meditative Movements Into Your Daily Routine (Virtual)**
*Ellie Peterson*
Tues., Sept. 8, 22, Oct. 6, 20 9:30 AM - 10:00 AM
You will practice Meditative Movements which have been shown to reduce anxiety, depression and fatigue while improving emotional and functional well-being per a 2017 University of Minnesota research study. The technique uses movements which are adaptable to anyone’s physical ability and combines them with the breath and spoken core value affirmations.

**Introduction to Shamanic Journeying (Virtual)**
*Valerie Ohanian*
Tues., Sept. 15, Oct. 13 6:30 PM - 8:30 PM
You will learn an ancient core shamanic practice used around the world by indigenous people to gain wisdom, direction, healing, and greater connection to self and others. Shamanic journeying is simple, direct, and powerful. If you have a drum or rattle, please have it available. Putting dried beans, pebbles or large, hard seeds into an empty jar works well as a rattle!

**Introduction To The Enneagram: A Powerful Self-Awareness Tool (Virtual)**
*Kate Jackson*
Wed., Oct. 16 1:00 PM - 3:00 PM
The Enneagram is a self-awareness tool that offers insight into our patterns of thoughts, feelings, behaviors and the motivations behind them. This session introduces the three centers of intelligence and nine personality types. Participants will gain knowledge about themselves and others, building understanding and compassion to improve relationships. *Please note: We will not be identifying individual Enneagram types in this workshop.*

**Meditation (Virtual)**
*Sarah Smriga*
Thurs., Oct. 1 12:00 PM - 12:30 PM
In this session you will be guided through meditation techniques to increase relaxation, stress release and promote overall wellness. Learn to relax the body and quiet the mind to shift into a deeper brainwave state for greater healing. This meditation specializes in assisting you in going beyond mind chatter to have clarity when connecting. It’s recommended that you are seated for the meditation, if possible, rather than lying down. This class is for all levels of meditation experience.

**Meditations for Self-Compassion (Virtual)**
*Lisa Venable*
Tues., Oct. 6 11:00 AM - 12:00 PM
Experience Self-Compassion as the most powerful medicine available for any challenge. During these times, compassion for self and others is paramount and helps calm emotions. Learn nurturing heart healing techniques and find deep peace within. If you have an active self-critic or are attempting to battle your illness or stress, try a more powerful approach to healing.

**Practical Wellness: The Art of Creating Balance (Virtual)**
*Mariola Minta*
Thurs., Sept. 17, Oct. 22 10:00 AM - 11:30 AM
Learn practical Wellness tools that outline the mind-body-spirit-environment connection including; understanding how breath, hydration, thoughts, emotions, activity, and nutrition affect our well-being; learning how to manage the above pieces; understanding how energies around us influence us and learning energy cleansing techniques. The tools provided will include breathing techniques, gratitude journaling, designing your own meditation, energy cleansing, and affirmations design.

**Qigong: Fan Sung (Virtual)**
*Rand Adams*
Sat., Sept. 12, Oct. 12 12:30 PM - 1:15 PM
In this session, we will learn a the traditional qigong exercise of Fan Sung. Qigong is breathing, movement, and visualization exercises. *Qi* is an internal energy, and *Gong* means to work to attain skills. There are different types of qigong. From the perspective of TCM dis-ease is see as being caused by qi blockages, or stagnant qi. Fan Sung is a qigong exercise which helps circulate qi throughout the meridians in the body. We will also do some Taiji Qigong exercises.

**Reducing COVID Anxiety: Coping in a Pandemic (Virtual)**
*Sue Salmela*
Tues., Sept. 15, 29, Oct. 13 10:30 AM - 12:00 PM
The offering will focus on strategies to reduce anxiety. The provider will introduce gratitude and participants will experience guided meditation. Participants will be given the opportunity to check-in.
Virtual Group Sessions (Cont’d)

**Say Thank You (Virtual)**
Christine Smith  
Sanchez Peterson  
Tues., Sept. 22, 29, Oct. 6, 13 20, 27
11:00 AM - 12:30 PM
We need to develop a practice, a discipline that helps us see the world and respond differently to the many events we encounter every day that are often overwhelming and very stressful. Keeping a gratitude journal can change your attitude and your world view. This online class will be enhanced with a handbook for journaling (handbook will be emailed to participants). Additional handouts may be sent during the course. You will need a journal and maybe a folder for the handbook and handouts.  
- 6-session series. You are asked to make a commitment to all sessions.

**Shamanic Drumming Circle (Virtual)**
Lin Butler &/or Valerie Ohanian  
Sat., Sept. 19, Oct. 17
7:00 PM - 9:00 PM
This group is for those with previous experience in shamanic journeying. We will be drumming, singing, and sharing our stories. Please have a drum and or rattle nearby. It is possible to make a rattle by filling an empty can with beans or pebbles, two sticks can serve as a drum. Even though we are virtual, we will create a powerful circle together that will support our own journeying, healing and the healing of others. Please be at your internet device before our 7pm start time so we may deal with any technical difficulties.

**Sound of Soul Chant (Virtual)**
Linda Duncanson  
Mon., Sept. 14, Oct. 5
11:00 AM - 12:00 PM
Experience the sound of Soul through chanting. You will get into a comfortable seated position and be guided on how to open your inner self to the Sound of Love. We will chant for 15-20 min and then go into a quiet contemplation/meditative state to open yourself to inner peace and guidance. You will gain a sense of peace, love and balance in your life. After the chant we will have a brief discussion on a topic or your experience of the meditation/contemplation.

**Spiritual Handwriting with the Vimala Alphabet (Virtual)**
Shannon Poppie  
Wed., Sept. 9, Oct. 7
10:00 AM - 12:15 PM
Discover a soul-nurturing handwriting practice that can transform your life by connecting you with your authentic Self. (TRANS: go beyond. FORM: physical form.) This sacred technology has NOTHING to do with handwriting analysis and was not created to improve penmanship - it was created to improve lives! This introductory session will give you more than enough information to begin your own writing practice if you choose. Please have unlined paper, a pen and a stable writing surface for this session.

**Spiritual Self Talk (Virtual)**
Lisa Venable  
Tues., Sept. 8
10:30 AM - 12:00 PM
Create a deeper knowing of the spirit’s voice of love and be able to override the negative inner critic and/or stressful voice of the “ego.” You can stop old belief systems by growing the voice in your heart, cultivating new feelings of worthiness, trust and self-acceptance. The spirit speaks from love and possibility and offers a whole new experience of life. Learn to be free from fear and negativity and better handle any challenge that life throws your way.

**Spring Forest Qigong Healing Circle (Virtual)**
Gadu  
Fri., Sept. 4, 18, Oct. 2, 16
1:00 PM - 2:00 PM
In Spring Forest Qigong Group Healing Circle, the participants will learn simple Qigong movements and be guided in Qigong healing meditation. Please wear comfortable clothes for Qigong movements and meditation.

**Spring Forest Qigong Circle and Practice Group (Virtual)**
Barb Palmer  
Mon., Sept. 14, 21, 28, Oct. 5, 12, 19, 26
1:00 PM - 2:00 PM
Please join us online, as we gather to share our Love Energy with each other and receive energy balancing. You will be guided as you practice the simple, gentle movements followed by a guided healing meditation. You will be sent energy during the group session to help you balance your physical, emotional and spiritual well being. Qigong combines gentle movements, breathing, mental focus, and sound and can be done standing or sitting.

**Tai Chi Chih for Health (Virtual)**
Marlena Vernon  
Fri., Sept. 25, Oct. 2, 9, 16, 23, 30
9:00 AM - 10:00 AM
Tai Chi Chih for Health is a series of simple movements that develop inner awareness of energy flow within the body. It has been described as “acupuncture without needles.” These repetitive movements can restore open natural channels for health throughout the body.

**Touching Worlds Through Tai Chi & Qigong (Virtual)**
Stephanie Siddiqui  
Wed., Sept. 9, 23, Oct. 7, 21
10:00 AM - 11:00 AM
Enjoy slow graceful movements that create inner and outer balance, strength, and vitality. In each session, the provider will incorporate positive thoughts, breath work, qigong movements, and healing forms from Tai Chi for Health - a program endorsed by many health organizations.
Weekly Mindfulness Meditation Practice  
Session (Virtual)  
*Cass McLaughlin*  
Mon., Sept. 14, 21, 28, Oct. 5, 12, 19, 26  
9:00 AM - 9:45 AM  
Start this week mindfully with an online mindful meditation practice mostly using the practices from the Mindfulness-Based Stress Reduction (MBSR) program. Participants will be guided to listen to what they need and/or use the time to support an ongoing practice.

What’s Sugar Got To Do With It? (Virtual)  
*Lisa Kane*  
Wed., Sept. 9, Oct. 21  
12:30 PM - 1:30 PM  
This is an open discussion about keeping sugar from being an issue to health and well-being. Nutrition is only part of the conversation as eating sometimes takes on other drives and, in turn, can be opportunities to create better habits. If your doctor has ever mentioned high blood sugar, insulin resistance, and even reducing risk for poor health outcomes in general, this group is for you!

Writing for Healing (Virtual)  
*Wendy Brown-Baez*  
Thurs., Sept. 3, 10, 17, 24, & Thurs., Oct. 1, 8, 15, 22, 29  
1:00 PM - 2:15 PM  
Writing is a way to access our inner guidance, fire up our creativity, and care for ourselves with compassion. We use a simple technique of spontaneous free writing. This means that we will be writing in short bursts of 6 - 7 minutes and sharing what we wrote, followed by supportive positive feedback. This is ideal for those with health challenges and caregivers. All levels of writers welcome.

Yin Energy Yoga (Virtual)  
*Linda Duncanson*  
Mon., Sept. 21, Oct. 12  
11:00 AM - 12:00 PM  
Yin Energy Yoga is set in a calm and contemplative space. This practice will open you up to greater awareness by releasing stress in your muscles, ligaments, tendons, and fascia. There is light stretching to your ability in supported poses designed to make you comfortable. The practice ends with meditation/contemplation. Please have the following items on hand: a Yoga mat or something to lay on, a blanket, a throw pillow and a strap or a towel.

**Pathways’ mission is to provide holistic resources and services for people with physical life-threatening or chronic illness - and their caregivers - to explore and experience complementary healing approaches.**

_all session dates and times are subject to change. Online registration system reflects most accurate schedule._